

# Be Kind

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Hiroko Carlsson (AUS) - September 2020  
音樂: Be Kind - Marshmello & Halsey : (iTunes)



(8 count intro/ Starts on lyrics)

## [S1] Behind-1/4R-Fwd-1/2R-1/4R Slow Sailor Step

1 2      Step L behind R, Make a 1/4 turn right stepping forward on R  
3 4      Step forward on L, Make a 1/2 turn right recover weight on R  
5 6      Make a 1/4 turn right stepping L to the side, Step R behind L (12:00)  
7 8      Step L to the side, Step R to the side

## [S2] Behind w/ Knee Pop-1/4R-Paddle Turn, Cross-1/4L-1/2L-Fwd

1 2      Step L behind R and slightly pop R knee forward, Make a 1/4 turn right stepping forward on R  
3 4      Step forward on L, Make a 1/4 turn right recover weight on R (6:00)  
5 6      Cross L over R, Make a 1/4 turn left stepping back on R  
7 8      Make a 1/2 turn right stepping forward on L, Step forward on R\*\* (9:00)

## [S3] Heel-Toe-Sailor 1/2L, Heel-Toe-Sailor 1/2R-

1 2      Step/touch forward on L heel, Step/touch back on L toe  
3&4      Make 1/4 turn left stepping L behind R, Make a 1/4 turn left stepping R next to L, Step forward on L (3:00)  
5 6      Step/touch forward on R heel, Step/touch back on R toe  
7&8      Make 1/4 turn right stepping R behind L, Make a 1/4 turn right stepping L next to R, Step forward on R (9:00)

## [S4] -Ball-1/4R Cross-Point, Cross-Point, Toe-1/4 Ball-Point-&-Heel-&-Side Rock

&1 2      Ball step L next to R, Make a 1/4 turn right and cross R over L, Point L to the side (12:00)  
3 4      Cross L over R, Point R to the side  
5&      Touch R toe next to L, Make a 1/4 turn right stepping R in place (3:00)  
6&      Point L to the side, Step L next to R  
7&8&      Step/touch forward on R heel, Step R next to L, Rock L to the side, Recover weight on R

Restart on Wall 2 count 16\*\* (12:00) and Wall 5 count 16\*\* (3:00)

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 9/Sept/20)